

YOUR **Diabetes Flu Vaccine Guide** **

- People with diabetes (6 months old or older) should receive a yearly flu shot beginning in September or October.
- Children with diabetes under the age of 9 who get the flu shot for the first time should get 2 doses at least 28 days apart.
- People with diabetes **SHOULD** receive a flu shot (inactivated) and **SHOULD NOT** receive flu mist or intranasal (live) flu vaccine.



YOUR **Diabetes Pneumonia Vaccine Guide** **

- People with diabetes (age 2 or more) should receive a pneumonia shot (PPV 23).
- A one time revaccination for pneumonia may be recommended for people older than 65.

**** NOTE:** If YOU have egg allergies or have had other allergic reactions — check with your physician before having a flu or pneumonia vaccine.

Have Diabetes? **A Flu Shot Could Save Your Life!**



Do you need a
pneumonia shot, too?



Did YOU Know That...

- For people with diabetes, the flu can mean longer illness, hospitalization, or even DEATH.
- In the United States, 36,000 people die each year from the flu.
- Data indicates that only 1/2 of Kentuckians who have diabetes get the recommended flu shot and/or pneumonia shot.
- You cannot catch the flu from taking the flu shot.

**Contact YOUR
Health Care Provider or
Local Health Department for
Date, Time, and Place of
FLU and or PNEUMONIA
Vaccine Administration!**

Sources:

Behavior Risk Factor Surveillance System (BRFSS) 2006, KY Department for Public Health, Frankfort, KY, Centers for Disease Control, Atlanta, GA; CDC Influenza Fact Sheet: Good Health Habits for Preventing Seasonal Flu, 2007; <http://www.cdc.gov/flu/professionals/acip> 2007

Ways YOU Can Prevent The Flu...

- **Get a flu shot** every year!
- **Avoid close contact** with people who are sick.
- **Stay home when you're sick** to prevent others from catching your illness.
- **Cover your mouth and nose** with a tissue when coughing or sneezing.
- **Wash your hands** often to help protect you from germs.
- **Avoid touching your eyes, nose or mouth** when you or others are sick. Germs are easily spread by touching contaminated objects and then touching the eyes, nose, or mouth.
- **Practice other good health habits.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat healthy food.

